The Journey from Civilian to Warrior: Tobacco Use Patterns

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A Collaborative Research Project

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RESEARCH TRIANGLE INSTITUTE

Substance Abuse Epidemiology

TERN

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Study Objectives

- Examine the nature, extent, and correlates of tobacco and alcohol use among Navy A School students, GLNTC
- Identify factors most strongly related to tobacco and alcohol use, and identify high risk populations, A School students, GLNTC
- Assess changes in patterns of tobacco and alcohol use and related factors between entry into basic and 12 months of military service, A School students, GLNTC
- Examine initiation rates of tobacco and alcohol use after the forced abstinence

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Research Design--Longitudinal Study of Active-Duty Sailors

- **Baseline survey during A School**
  - **Group sessions conducted in October 2004 and March 2005 at Great Lakes A schools: self-completed questionnaires**
  - **N = 3438**
  - **Assessed pre-military and current tobacco use; past 30-day alcohol use**
- **Follow-up Web-based survey in 12 months**
  - **Assess patterns and changes in tobacco and alcohol use 12 months after baseline**
  - **All consenting baseline participants**

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Demographics of Sample

- **Gender**

Males		**88%**
Females	**12%**	

- **Race/Ethnicity**

White, non-Hispanic		**60%**
Black, non-Hispanic		**11%**
Hispanic	**13%**	
Other		**12%**
No answer	**4%**	

- **Marital Status**

Single		**89%**
Married	**11%**	

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Research Questions – Tobacco Use Among A School Students at GLNTC

1. **What are the patterns of <u>acquisition</u> (new users) and <u>reacquisition</u> (return to smoking) following the forced abstinence of basic training?**
2. **How soon after completion of basic training do new sailors acquire/reacquire smoking patterns?**
3. **Are there differences in tobacco use patterns across the "A" schools at GLNTC? If yes, what**

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Research Question

- **What are the patterns of <u>reacquisition</u> (return to smoking) and <u>acquisition</u> (new users) among A School students at GLNTC following the forced abstinence of basic training?**
- **How much change occurs?**

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Smoking in Month Before Basic Training and Since End of Basic Training by Sex

Before/Since	Males	/Females
No	No	52%
62%		
No	Yes	9%
6%		
Yes	No	3%
4%		
Yes	Yes	36% 29%

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Smoking in Month Before Basic and Since End of Basic by Race/Ethnicity

Before/Since	White	A/A	Hisp	Other
No No	49%	68%	57%	56%
No Yes	9%	9%	12%	8%
Yes No	3%	2%	4%	4%
Yes Yes	39%	21%	27%	33%

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Smokeless Tobacco In Month Before Basic by Smokeless Tobacco Use Since End of Basic by Sex

Smokeless

Before/Since	Males	Females
No	No	78%
		96%
No	Yes	5%
		1%
Yes	No	2%

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Smoking Since End of Basic by Smokeless Tobacco Use Since End of Basic

NO cigs	NO ST	52%
NO cigs	YES ST	4%
YES cigs	NO ST	30%
YES cigs	YES ST	13%

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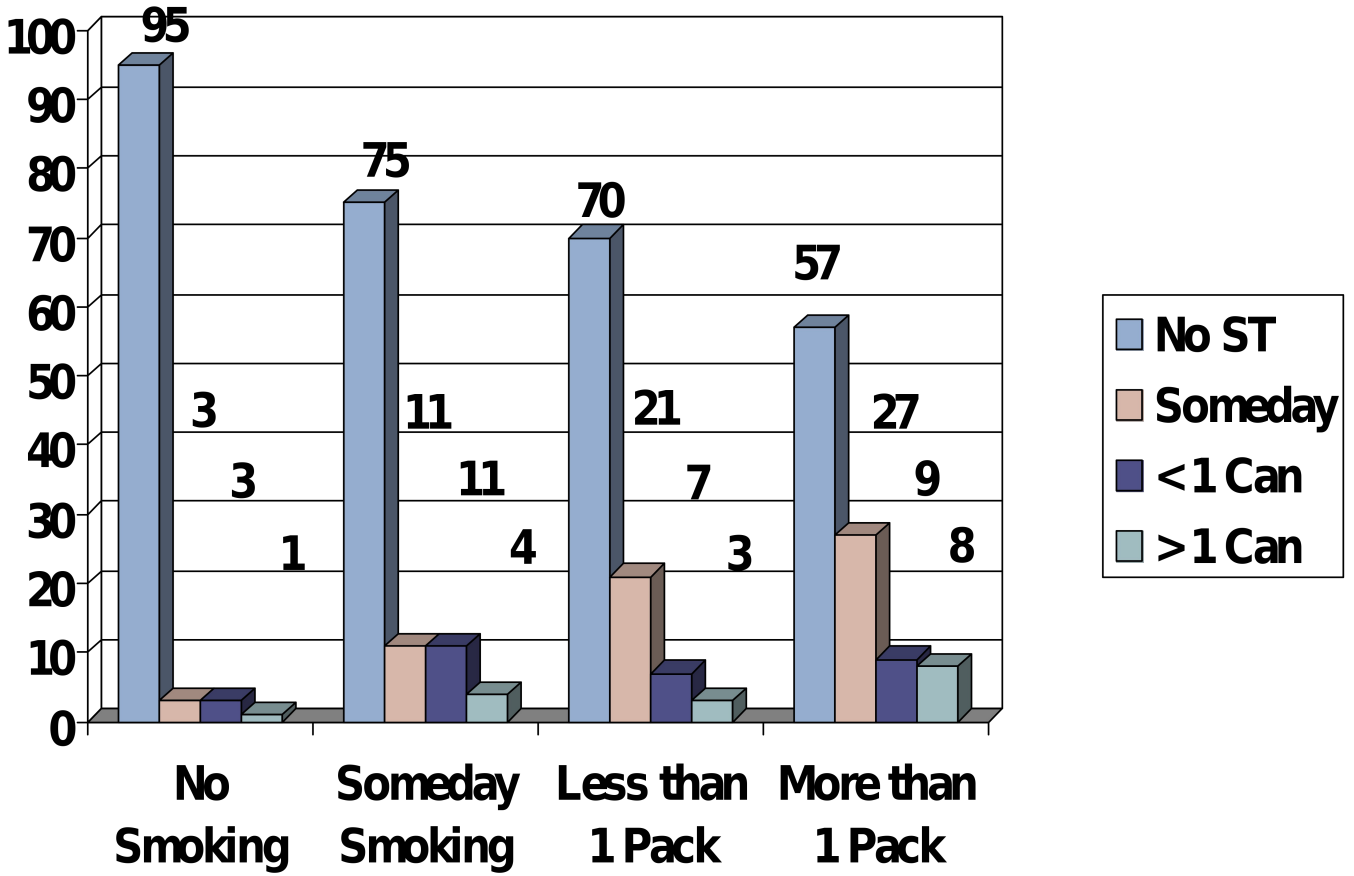
Smoking Since End of Basic by Use of Smokeless Since End of Basic, GLNTC A School Students



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Research Questions--Smoking

- **How soon after completion of basic training do new sailors re-acquire or acquire smoking patterns?**
- **When does this change occur?**

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Smoking in Month Before Basic Training by Smoking Since End of Basic Among Sailors on Hold, In "A" Schools

Before/Since "A" School	On Hold	
No	No	59%
		52%
No	Yes	5%
		10%
Yes	No	4%
		3%
Yes	Yes	32%

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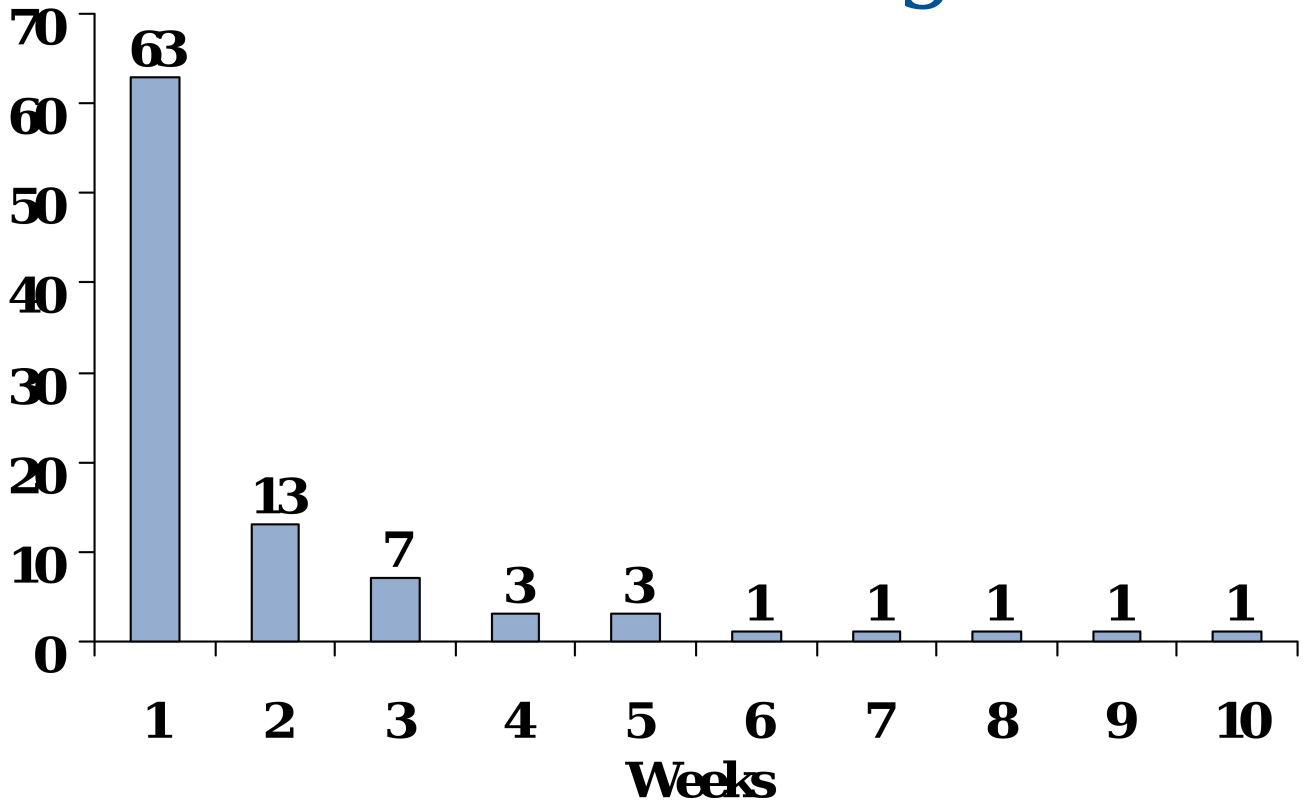
Percentage of Trainees Acquiring or Reacquiring Cigarette use, by Week after Basic Training



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Smoking in Month Before Basic Training by Suggestions from Recruiter

	SMOKING MONTH BEFORE BASIC			
	None	Someday	< pack	> pack
Suggestions from Recruiter				
Completely quit	41	25	38	39
Cut down	3	15	24	23
No suggestion	9	8	2	9
Did not discuss	28	70	38	28

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Smoking Since End of Basic by Reported Receipt of Rules and Penalties

	SMOKING SINCE			
BASIC	None	Someday	< pack	> pack
Reported receiving Information about:				
Rules on base	93	93	95	93
Penalties on base	86	83	85	83
Rules off base	83	80		

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Smoker Self-Identity and Smoking Since End of Basic Training

Self-Identity Since End	% Sailors	% Smoked
Not smoker	50%	3%
Used to, quit	7%	28%
Only at party	3%	57%
Not smoker, once in while	77%	12%
Smoke regularly, don't need	99%	19%
Got to have*	8%	100%

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Perceived Use of Tobacco Among Military Training Leaders & Classroom Instructors

- 35% say they don't know if their military training leaders use tobacco
- 46% say they don't know if their classroom instructors use tobacco
- Of all sailors, 64% say their military training leaders use tobacco; 91% of those who know whether or not their military training leaders use tobacco say YES.
- Of all sailors, 47% say their classroom instructors use tobacco; 87% of those who know whether or not their classroom instructors use tobacco say

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Answered YES to Whether Military Training Leaders, Classroom Instructors, Roommate Smoke

Basic	Percent Smoking Since End of
None smoke	41%
1 smokes	39%
2 smoke	44%
3 smoke	56%

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Percent That Has Smoked Since End of Basic Training by Alcohol Use Pattern Since End of Basic Training

Alcohol Use Pattern	Percent Smoking Since End of Basic
Have not had drink	32%
Drank once/twice month	55%
Drank once/twice week	69%
Drank every day	88%

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Research Question

Are there differences in tobacco use patterns across the "A" schools at GLNTC? If yes, what are the plausible and malleable causes of these differences?

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Re-acquisition of Smoking (Yes/Yes) and Acquisition (No/Yes) Across Selected Barracks, GLNTC

Barracks	Yes/Yes	No/Yes	Total
aaa	36	7	43
bbb	31	5	36
ccc	42	8	50
ddd	42	12	52
eee	37	5	42
fff	42	7	49
ggg	32	10	42
hhh	38	6	44
iii	43	8	51

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Re-acquisition of Smokeless Tobacco Use (Yes/Yes) and Acquisition (No/Yes) Across Selected Barracks, GLNTC

Barracks	Yes/Yes	No/Yes	Total
aaa	18	9	27
bbb	16	7	23
ccc	22	9	31
ddd	26	10	36
eee	31	10	41
fff	16	5	21
ggg	11	5	16
hhh	12	7	19
iii	27	8	35

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Rates of Smoking Before and Smoking Since Basic Across Selected Barracks, GLNTC

Barracks	Smoking Before/Smoking After	
aaa	39	43
bbb	35	36
ccc	45	50
ddd	44	54
eee	41	42
fff	46	49
ggg	35	42
hhh	41	44
iii	46	51
jjj	31	38
kkk	40	50

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Rates of Smoking/Smokeless Before and Smoking/Smokeless Since Basic For One Housing Unit, GLNTC

Before/Since Smokeless	Smoking		
No	No	44	63
No	Yes	12	10
Yes	No	2	1
Yes	Yes	42	26

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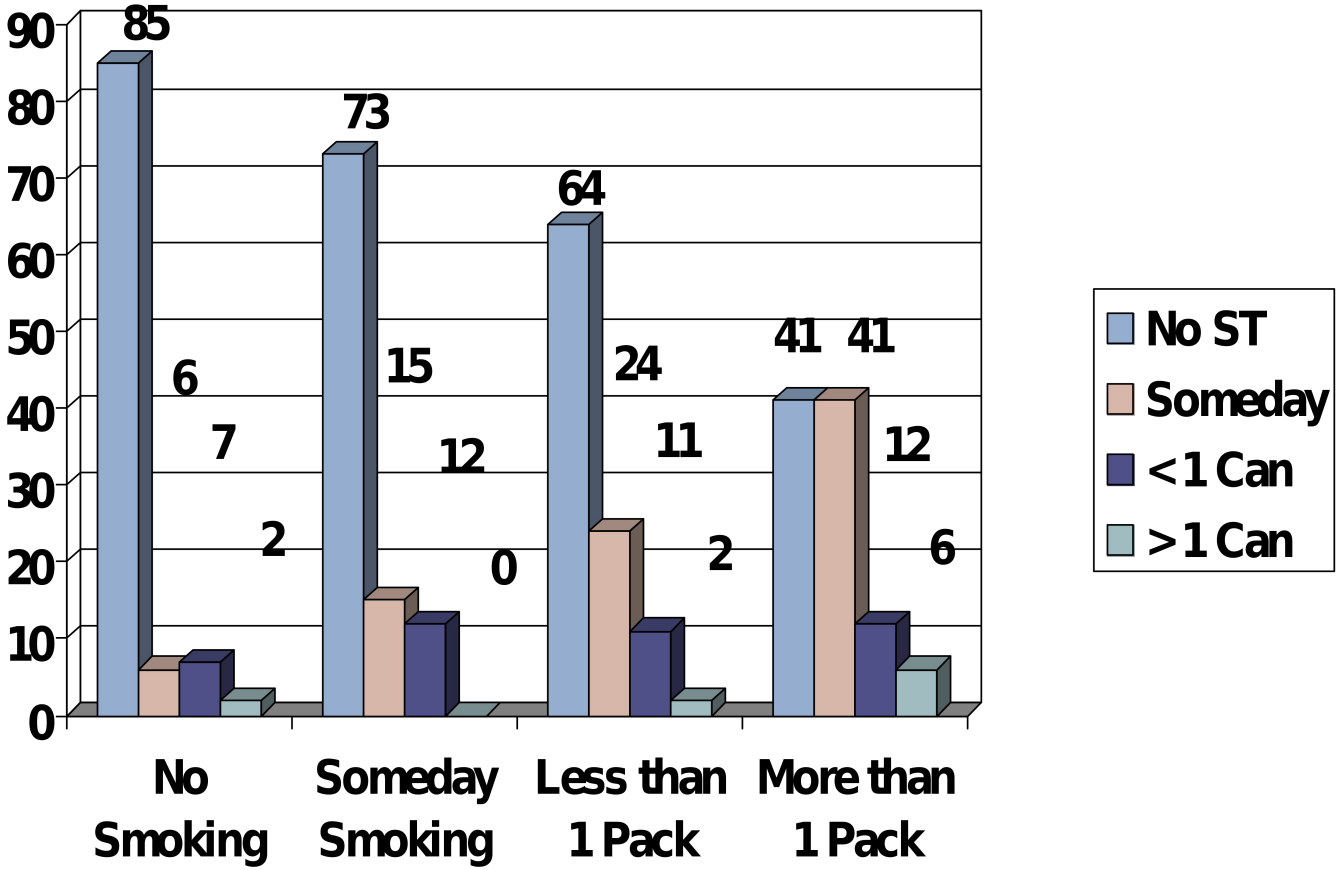
Smoking Since End of Basic by Use of Smokeless Since End of Basic for One Housing Unit, GLNTC



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Conclusions

- Most recruits enter Basic Training with patterns of behavior (including tobacco and alcohol use) that are already established
- It is possible those who were already tobacco and alcohol users spend most of their time in basic looking forward to graduation when they can once again smoke and drink
- There are undoubtedly individual-level characteristics that predict who will re-acquire and acquire; there are also

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Implications, Things to Consider--Tobacco

- Smoking cessation for recruiters
- Smoking cessation for recruits before basic, DEP
- Use of nicotine patch before/during basic training/"A"
- Smoking cessation, military trainers & classroom instructors
- Smoking status, criterion for assigning roommates in "A" schools
- Consolidate smokers on one or more floors in barracks/ships
- Extend smoking ban into or even through "A" school

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